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MATERIAL ON COUNSELLING - JIM GORDON

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To be able to help other people when giving counselling, it is necessary first to be able to understand yourself and to be able to go back and review the situations in your life. In this way, you will begin to understand that there is a sameness in all experience and that there is a point within each experience that holds the greater understanding - the greater truth of the situation. It is this point of understanding that we seek to get in touch with when we begin to go into counselling and working with people on a one to one basis.

For some who have never done counselling work before, it will be important to begin at a level that will be simple and easy to understand and a level that will be easy to work from. Working from within spirit is a very simple matter. It means allowing the lower to step aside so that the higher may manifest more fully. But for many, it is difficult to step aside from the lower self. And so the techniques that we are going to be sharing, the understandings that we are going to be giving hopefully will help in giving guidance to those who are preparing themselves for teacher training and counselling work so that they might be able to loose themselves from the lower and rise up more confidently into the higher, with awareness of that which they are moving into. These techniques are simple, easy to follow. All it will take on the individual's part is time, effort and patience. It is important to remember that if you want to open up to a particular awareness, whether it be a knowledge out of a book or a lecture hall or through experience, it takes time to move into the experience of understanding and gain the understanding. You do not walk into a university one day and walk

out a graduate the next. There is much time, effort and patience in the days between those two points of awareness of the situation. And so it is here. As you enter into this day of moving into the awareness of a new situation in your life, a releasing of the lower and moving into the higher, it is important to remember to give it time, effort and patience for the unfoldment and the process of moving forward. If you attempt to move too rapidly or if you attempt to live in the future rather than in the present moment, you will lose the experience of the moment and have to look back into itself to regain that knowledge at a point in time further down that path that you are upon. So take the moment as it comes. Learn the situations of each moment and in that way you will grow and become that which you are seeking.

These techniques that we are going to be giving you are simple and easy to follow. In the process of following them, it is hoped that a greater understanding will come and the techniques will no longer be needed but rather the awareness will have developed enough through the process of these techniques that you will be able to attune yourself to the higher with complete understanding and be of better service in this manner.

If you are going to enter into a level of consciousness within the higher realms, it is necessary to remember that mind is still a part of the world of illusion. So, in the process of unfolding, there will be a point where you must let go of the mind in order to enter into the higher realms of understanding. Where there is God and mind, you have a soul bound into the physical. For the essence of God attaches itself to the mind in order to allow itself to experience in this physical realm. But when you remove the mind

element, you once again have only God in pure manifestation and in full awareness of self. This is what you are attempting to do both within your personal life - within your meditation times - as well as expanding that awareness outward into your counselling and teaching work. This then, is what we are attempting to help you to do - to unfold to that quality within yourself that is beyond the mind.

At birth, each of us ^{is} ~~are~~ given a guardian angel to watch over us, to protect and guide the path the soul is taking. There is a certain karmic pattern that is dictated for each and every soul as it moves forth in its pattern of development. This guardian helps to keep that soul upon the path that it needs to walk in order to learn the lessons that it needs to learn, to come into the awarenesses and release those karmic patterns. What we are going to do is learn to communicate at the inner level with this guardian soul and begin to delve into higher understandings in this way.

So first of all we need to be aware of the fact that truly there is one that is ever present that can begin to give us understanding and guidance, both on a personal level and as we allow ourselves to expand inward and allow our service to expand outward we can begin to give this to other people as well.

First, with the techniques we are going to be giving, we are going to try to help you get in touch with your own personal guardian as well as with your own soul level. This takes time, but if you truly make the effort it can be done. And it can be done in a process that is very simple and painless. In order to do the counselling work on a one to one basis, it will mean that you are going to go within yourself and go beyond the levels of the physical

and enter into the awareness of the higher self - that soul quality. There you will begin to deal more directly with your own guardian and the awarenesses that can be brought to you through that inner change of energies.

In your counselling work, until the time that you come into full awareness at soul level, you can ask your guardian to do much of the work for you and your guardian angel can actually go forth and communicate with the person's guardian that you are counselling to get what answers you need to know and understand in helping that individual in ^{his} ~~their~~ daily life. So at first we are going to be dealing more with a question and answer situation within the counselling process. A question and answer process between you and your guardian, between your guardian and the guardian of the individual you are counselling as well as the question and answer process that will take place between you and the person that you are counselling. In order to do this it means that one must become quiet within so it is important that you learn the processes of meditation, the qualities of the inner silence and being able to use that inner silence as a pathway into the greater light of understanding. For if you are unable to really quiet the mind and move into this inner stillness - this inner silence - it will be very difficult to begin understand the subtleties of flow that must take place between you and these higher realms in the process of communication.

So we are going to look at meditation and the process one needs to go through within the meditation itself in order to achieve this inner awareness of this subtle flow. For without this awareness, it would be very difficult to do the type of counselling work that we are proposing. There will be times in the counselling process

where souls will be drawn to you - individuals will come to you for counselling that will have experienced certain things within their lives that you personally will be able to for you have been there as well. And you will have obtained an understanding of those situations because of this inner path. Through your own personal understandings that you have obtained through your spiritual unfoldment, you will be able to help on a one to one basis without even dealing with the attunement on an upward level. Rather, you will be able to share from your own level of experience your understanding of the conditions surrounding certain situations and be able to give insight to the individual you are counselling so that they too might be able to see the pathway upward and out of those situations. So there will be times within the counselling process that the inward communication will not be so necessary and this is something to be aware of. Use your own knowing - your own understanding of things in certain instances where you have truly lived and learned and then can share. In this process of living, learning and sharing, one is beginning to follow that three course path that is laid out for each soul in its unfoldment. For in living, learning and sharing, one follows the path of meditation, study and service - that triune principle that radiates into this universe of the Father, the Son and of the Holy Spirit. So truly in this process of sharing at this level - in counselling between one person to another, the unfolding of spirit in a very real way can manifest.

Often too, you must realize that the people that come to you in counselling are people that you need to relate to in this manner for your own unfoldment and your own release of the physical universe. For as you begin to go within and begin to unfold to the soul level -

and begin to experience your own soul manifesting within your consciousness and within your whole being, you will find that there are still karmic patterns within the physical universe that need to be broken. But rather than having to go into living each karmic existence or experience, you can have these individuals coming to you for counselling and by giving them aid, understanding and light, you help to burn that karmic pattern off today rather than waiting to fulfill that karmic pattern tomorrow through some other manifestation of expression of that karma.

There will be times as well when you will not want to rely on your own outer experiences but you will want to center yourself and rely totally within the realms of spirit on getting the answers needed and giving the understanding of the situations that the person is involved in. This level of detachment will be necessary in order that you do not attach yourself to the situations involved within the person's life and also so that you do not put your own personal judgements or interpretations upon the situations within that person's life. For it will be very important that in the counselling work that you learn detachment and non-judgement. The moment you begin to judge a situation or judge a person, you will lose sight of that inner and you will deal only within the physical universe state of mind and emotion. There, you will give only your personal view and will not give aid at that time. But if you remain centered within the light - focused within the sound - and if you remain non-judgemental and detached - you will be able to give enlightenment, understanding and upliftment from those situations and give aid to the individual who comes to you for counselling. These are great subtleties that we are talking of here and it will take time for this to unfold in your life, it will take time for you to feel

comfortable and know that truly you are working at one level or the other and it will be only through experience that you will learn this - not by the reading but by the doing.

Do not be afraid in the process of counselling when asked a question to say "I don't know" or "I'm not receiving a reply." Whatever is comfortable in your response - let them know that you don't have an answer if you do not have the answer. Do not play games of power with them and try to be above them in their situation. For you only do damage if you try to give falsely to them a knowledge you do not have. You are there for your growth as well as for the growth of the individual. When you begin to give falsely that you really do not have - either within your own personal experience on the physical levels of the universe or within the soul experience on the higher levels. You give falsely and you do damage. But you give with love and you only uplift.

So it is important that you remember that in the counselling you give that which you understand, you give that which is given and you share only if you have something to share. Do not create within the mind an answer so that you might look good to the one you are counselling. For in the end, it will only do harm to both of you.

So now let's begin looking at the counselling process and some of the techniques that can be used in your daily life that will help you to better unfold to that inner path and to your outer service. The counselling process is one that is learned from within. It is not a quality that is learned from books or even from other people. It must be developed within the inner path. So in order for this development to take place, one must begin to walk that inner path themselves. This is the path of meditation - of the going within and listening. It is only through this path that the inner realms

of soul can be experienced and understood.

So the first process is to become aware of the inner and learn to dwell comfortably and with awareness within these realms. There is a difference between awareness and consciousness when we refer to the inner life. For consciousness reflects within the mind, but awareness is an inner knowing. So learn to release the mind so that you can come into full awareness. When you have money that you want to invest, you take it where you can invest it and get the greatest return. And so, in order to receive a greater investment on the energy that you put out into the universe, you want to invest it well, so invest it within the meditation. Place as much time and effort...

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....And so, in order to receive a greater investment on the energy that you put into the universe, you want to invest it well, so invest it within the meditation. Place as much time and effort into the meditation as possible for in that investment shall come your return. The more you place your consciousness within the inner realms, the more you work to understand those realms through this process of meditation, the more you will understand and live in those inner realms daily.

This is a law of reciprocation. If you learn to use this law well for your own growth, you will find that everything will unfold to you according to the proper development of the unfolding of the law and the using of the law properly. When one uses universal laws in balance, one finds the keys to unfoldment. But if one uses universal laws with a selfish end in mind, then the laws then will not function as clearly or as powerfully or the law itself - the principle - may be reversed upon you so that you can learn the misuse of the law.

So, in going into meditation, always go in with proper perspective as to the why - with an understanding that you are going into meditation to become one with your God self - to become one with the divine essence. Let's look at meditation a little more clearly, for this is the key to your own spiritual development. This is the key to becoming a teacher and a way shower upon the path of life. And this can be a great aid^{to} inner awareness in counselling.

Meditation has several levels to it. It is important to be aware of each level within your unfoldment in your meditation and always strive to go beyond one level to the next. For it is only

in rising up in these different levels that one becomes aware of those levels and in the understanding one is then able to help others through and above those ~~same~~ levels. So don't enter into meditation with a blank mind. Enter into meditation with a silent mind, a mind that is active, that is aware, but that is not personalized within the ego of the individual.

As was stated, there are great subtleties here that need to be understood and it will only be in doing that you will understand what is being stated here. For in the reading you can not experience the subtle changes that take place and you can not ~~come~~ into understanding then of what is trying to be imparted. But if you enter into proper ~~meditation~~, you will begin to see subtle changes that will manifest within your consciousness. You will move from a level of living in mind and emotion into a higher realm of soul awareness. In order to reach the higher, you must walk the path through the lower realms of understanding. If you did not walk the path through these different levels and achieve understanding of these different levels, then you would not have full understanding or awareness of all of creation and in order to help yourself in your own development and in order to help others in their development, you must have full awareness of all different levels of the creative process so that you can reach into those different levels so that you can begin to work and release and free yourself and others from the multileveled universe. And you will find, eventually, the oneness within the all.

When you want to read a book, you don't take the book in hand, sit down and read the last chapter - and in the reading of the last chapter have full understanding of all the chapters that lie before it. You have to take the book - open it to page one and begin reading

there and read it from cover to cover in order to have full understanding of what lies within that book. And so it is within the meditation process. If you are going to understand the creative universe, if you are going to understand that divine God-essence within, and if you are going to become one with God in full awareness, you have to begin understanding life and creation and the divine expression. To do this you do it chapter by chapter. Begin understanding each moment that you are expressing in life. Begin coming into full awareness of each moment and learning that which is given to you at that moment. And before long you will have read all the chapters within the book of life that is written for you. And you will have a full understanding of all the chapters within that book.

The reading is done within meditation. To read the book of your personal life - your spiritual personal life, you must go into meditation and begin reading it chapter by chapter. Daily you have to enter into meditation, daily go within and begin to experience the inner life and begin to unfold to the awareness of that life. And daily you will become more aware of the different levels within the physical universe and how they function and how they affect yourself and others. You will begin to see the keys of the universe that will help you to free yourself from those different levels. It is important in any meditation that you surround and fill yourself with the highest light so that whatever plane of awareness that you might find yourself upon, the highest light will function in that level for you to give you the fullest awareness that you can obtain at that moment as well as always creating a lifting magnet of energy to yet a higher level. It is important to be aware of the fact that it is very easy to go into meditation and become lost

within a particular level of the universe - and this we do not want. It is important to be able to go into all the different levels and have some knowledge of those levels but it is important also that the pathway of pregression continue and that you do not stop along the path to smell the flowers - that you do not stop along the path of awareness and become lost within one realm or the next or the next. Continue to look and understand and be aware of that which is around you but always focus toward yet a greater understanding, the greater light. In this way, you will always be drawn into the greater light. You will always have a movement forward - a progression of awareness within the creative flow of the divine within.

If you are going to be entering the path as a teacher and as a counsellor, it is important that you remember this. You can not give to others that which you do not have to give. If you give falsely, you not only hurt the person to whom you give, but you hurt yourself and many involved within that karmic pattern. But if you give with total awareness, with understanding and with love then that which you give will bring you fulfillment. It will bring awareness to those that receive. And it will continue the path of progression that is needed for the growth of the soul back to the Father within.

So it is important that you first go into meditation and begin to learn, begin to grow, begin to become aware. For unless you have the awareness, you will find that in the giving you will be giving of your own life essence and you will be giving from a part of yourself that lives within the physical universe - that of the lower self. You will often find yourself drained, because you are really giving of your own physical life essence at this level. But if you are centered in light awareness and you are able to move

throughout the different levels of the universe in this light with understanding and awareness, you'll be giving of the divine essence and it will restore and rebuild you as well as those to whom it is given.

Again we must emphasize that these are subtleties that you must experience in order to come into full awareness of. Just as the planes beyond the physical are subtle and you must enter into them daily to understand them, you must remember that it is the learning process - the living and learning process that one comes into awareness. It is only in the searching out of these subtleties and striving to understand them that one comes into these awarenesses.

JIM GORDON

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When you enter into the path of meditation, for whatever reason you begin to walk this path - whether for individual development towards God or for whatever other reason there might be - it is important to remember that it is a new responsibility coming into your life. The key to winning and overcoming and being responsible is the attitude with which you take on responsibility. As you enter into meditation quietly and peacefully, knowing that God is there and that all you have to do is look up and see him, then that will be the case. All you will have to do is look up and you will see him. But if you enter into meditation thinking that you are very low on the rung of the ladder in the climb towards Godhood, then you will find that that attitude of separateness will truly separate you and keep you from going inward and upward as fast as you might otherwise be able to do.

Many meditations are available. Many different paths into the inner awareness have been given over the centuries. It is important to remember that no matter how many of them you read, no matter how many you hear spoken, unless you go in and practice them daily, they will be nothing more than words written on a piece of paper or words recorded on a tape. Until you have the living, you will not have the experience and until you have the experience you have no reference as to the real and the unreal.

Remember that it is in living the lesson of life that one comes into full awareness of what life is. Life is really a process of learning. As long as we allow life to continue to be a learning process, we will continue grow, to open and flower forth as a great soul of light. But if we look at life as fun and games and think of it as just a toy, then we will lose sight of what we came here to accomplish in our lives, that lesson of learning - that process of unfolding and the wisdoms of that learning.

The learning process is truly the living process. It is said that if you will live life, you will learn. And in the learning you shall become aware. And in becoming aware, you shall be. And in being, you shall know God.

But if you live life and you live it in a manner where you turn away from the lessons of life - where you break the learning process within the rhythm of your soul movement toward the universe of God, you will find that you will be distracted upon your path - that you will lose sight of your direction and your growth will become stagnant. When this occurs within anyone's life, they become as a living dead - because truly they are living but they are dead to the awareness of life. They are only existing in the physical universe and they have lost sight of their soul and their purpose of being here. Life is a learning process but not for man - rather the learning is for the soul. If we live daily within soul awareness and see the universes through spiritual eyes, we live life to the fullest and we ever live in the presence of God. But if we live in a manner that binds us to the physical universe, where we can not see the soul and we cannot see the greater light of our divine nature and we cannot comprehend that we are one with God, then truly we live the life of the living dead. For we live in the

physical universe but we are dead to our soul nature and our true universal right of being.

So learn the realities of these different levels that exist within the universe around you and then search out yet other universes and other levels beyond if you seek to understand all of creation. But always remember to enter in to that divine light within the center of your being. Always become one first with that divine light before going into any experience, before living the lesson of life. And as you enter into that light, that which is meant to be given for your understanding of your own creative nature - of your own creative ability as a divine spark - shall come to you and you will begin to understand your place in the universe - your role in creation and you will begin to understand the meaning of life itself. It is only in this way - through the living the lesson and learning the lesson of life - that one can then go forth truly and be a teacher and a way shower. It is only then that one can go forth and truly give council to those in need and give in the counselling the understanding that will help life the individual from the situation at hand. Life is truly an expression of divine creative force and when you tap into that divine creative force by living life, you are able to impart that to others. But if you live as the living dead, separate from that divine creative force, then that which you give will be empty and hollow and will have no strength or force and will not really lift or give aid to those that it is given to. This is why it is important, if you are going to be a teacher or a counsellor or if you are on the path towards soul development just for the sake of becoming one with God - which is truly the purpose of each of us upon this path. Be sure that you

are in the soul realm and that you are one with the soul light before you go forth to give, because if you are not, you are giving from the physical universal realm and you are giving of that understanding which is not complete.

If we were in Boston and you were to ask me for directions as to how to get from Boston to the Capitol at Washington, D.C and I was to hand you a map of Southern California - how would that map help you? Would you be able to find your destination? Would you be able to understand the direction that you were supposed to go in order to get from point A to Point B - Boston to Washington? It is just this same way if you do not understand the soul realm. If you have not reached the soul light and yet you go out trying to give it to others, you are giving them an incorrect map, you are giving them a direction that will only take them away from their destination and not toward it.

I am not saying here do not go out and teach until you reach soul light or soul development. What I am saying here is do not go out stating that you know when you do not - give that which you understand, give that which you know ~~that~~ to be true but always qualify it with the understanding that I, too, am still growing and learning and I do not know all and I can not give all until I know it. Let those people know that you are giving that which you understand to be true and that the directions you give, you have found to be true in your search towards soul development and understanding. And in that way, that which you give will be given with light and love. And it will have that divine creative force that will life and will guide those individuals toward their individual soul development. In the universe we are all one and when we

life ourselves, we life all. But if we misdirect one upon the path and they get lost within the physical realms, we too become lost. So be careful as to what you give and how you give it - and to the motives in the giving. Keep your focus toward the light and in the light and give only that which you truly know to be true within that light.

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